

Senior Happenings

September 2016

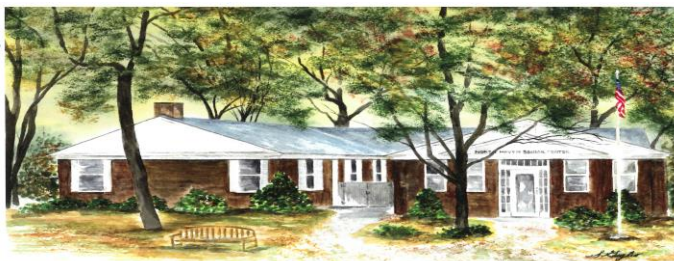
Joyce C. Budrow North Haven Senior Center
189 Pool Road, North Haven, CT 06473
Office: 203-239-5432 Fax: 203-234-7185
Hours: Weekdays 8:00 a.m. to 4:00 p.m.
Café: 203-239-4030 9am -12 noon
www.town.north-haven.ct.us

Mission

The mission of the Center is to respond to the ever-changing needs of mature adults and their families by providing opportunities for personal enrichment, information and referral, advocacy, volunteerism, wellness and social and recreational activities.

Staff

Manager and Municipal Agent for Elderly: *Judy Amarone*
Program Coordinator: *Sue Tienken*
Secretaries: *Maggie Maiden and Ellen McDonald*
Transportation: *Keith Baedor, Richard Kaman and Kevin Smith*
Café Manager: *Arlene Herzog*



Daily, Medical, Errands, Grocery Shopping, Mini Trips

Daily Transportation

Transportation is available for eligible residents who do not drive their own vehicles, or who cannot access a public transportation system to reach their desired destination. Those who do drive their own vehicles may use the system on a temporary basis if their vehicle is in for repairs or if they are experiencing a temporary disabling condition that prevents them from driving on their own. Service is curb to curb. Standing rides to the Center can be arranged for your convenience. Daily reservations are required by 12 noon of the preceding workday by contacting the Center 203-239-5432.

Scheduled and Mini Trips

For errand, grocery, grooming, and mini trips all riders must be on time and ready for pick up beginning at 9:00 a.m. You must advise the driver if you are making other arrangements for your return trip. If you are not at your designated pick up point when driver arrives, there will be a ten-minute wait time. If you miss the bus it is your responsibility to obtain transportation home. Due to schedule restrictions under no circumstances will the driver return at a later time to pick you up on that day. If you drive on your own and would like to join us on mini trips, you must drive to the Center by 9:30 a.m. to participate in the trip, the driver will not pick you up at your home.

Mondays: (time frame for grocery shopping will be an hour and half from time of drop off)

- Grocery Shopping

Tuesdays:

- Hairdressers, Barbers and Nail Salons

Wednesdays: (time frame for errands will be up to an hour for a single stop from time of drop off)

- Errands to include – pharmacies, bank, post office, card shop

Thursdays: (time frame for mini trips will be an hour and half from time of drop off)

- Hairdressers, Barbers and Nail Salons
- Mini Trips: **Please see the Calendar for dates and places.**

Fridays: (time frame for grocery shopping will be an hour and half from time of drop off)

- Grocery Shopping

Medical Transportation

Only one medical ride may be scheduled per day. All reservations are on a first-come, first-served basis. Reservations can be made as early as three months prior to the medical appointment.

Every effort will be made to accommodate an individual's appointment. However, an alternative time and transportation service may be suggested in order to better serve all requests. **Pickup times are approximate.** Please be patient as traffic and number of riders may impact your pickup. Non-Emergency Medical appointments include transportation to North Haven, Hamden and **on a very limited basis** to New Haven.

Passengers are to have the following information ready when calling for a medical reservation: name, address, telephone number of doctor's office; date and time of appointment; name of any other person who rider will be traveling with to doctor's office.

Please make note: there will be *no medical, no grocery shopping, and no errands or daily transportation* on the following days – September 5; October 10; November 11 and 24; December 2 and December 26.

Please note: All scheduled Grocery Shopping, Hairdressers, Errands and Mini Trips begin pickups at 9:00 a.m. Reservations for mini trips begin on the first day of the month. If scheduled trips are canceled for any reason, there *will not* be a make-up day during that week for transportation.

Activity dates, transportation and times are subject to change.

Please Note: A staff member will contact you the day before to inform you of your pick up time when you have a scheduled medical appointment for the following day.

Back to School Driving Safety Tips



Can you believe that summer is already coming to an end? For drivers, this means it's time to get ready to share the road with students and buses once again- not to mention frazzled parents, bicyclists and school crossing guards!

There are definitely a few back to school driving safety tips you should keep in mind, especially if you'll be on the road during prime school drop off and pick up times, including:

- *Keep your eyes open. Avoid accidents by paying close attention when you're driving through school zones or neighborhoods where children are walking to school. Children can dart out in traffic unexpectedly, especially if they're running late for the bus or class.*
- *Obey those school zone speed limits. Those slower speed limits exist for a reason! By slowing down you'll be able to see what's going on around you and react faster, thwarting a potential disaster. Never pass anyone in a school zone and always yield to pedestrians, even when you think you should have the right of way.*
- *Stop for the crossing guard. This goes along with the yielding to pedestrians law. The crossing guard's job is to make sure children are safely getting across the road accident-free. If the crossing guard gestures for you to stop, stop.*
- *Likewise, stop for buses. According to the National Safety Council, most children killed in bus-related accidents are between 4 and 7 years old, and they're usually walking. This is due to motorists not paying attention or by illegally passing stopped buses. If the bus's red lights are flashing and the stop sign is out, you are required to stop, too. Make sure to check with your state's revised codes on specific school bus laws!*
- *Be cautious around high schools. Depending on the neighborhood, there may not be quite as many pedestrians around a high school, however you should still use caution when driving by a high school; watch out for those newly licensed teen drivers, who may not be carefully following the speed limit as they rush to get to class on time.*
- *Know the rules of the school. If you're dropping off or picking up a child, make sure you know the traffic flow around the school and where the designated spot is for your child to be. Some schools have specific areas for parents and buses, so find that information out ahead of time to avoid any confusion, or worse, an accident.*

Kitchen Rules: Due to storage space and health codes for the kitchen, please do not ask to store your food in the refrigerator. If you have any questions feel free to speak with me. Thank you for your cooperation.

And the Winning Title of the Newsletter is Senior Happenings which is the current name. Thank you for all of your suggestions which were all very creative and catchy titles. But sometimes keeping the same ole title keeps us grounded to who we are.

Remember it is still hurricane season and if a disaster strikes you may not be able to get food, water or electricity for several days. Take steps now to stock up on long-lasting foods that don't spoil. For a detailed list see the bulletin board by the office.



Cookie Walk Table. . .

The Cookie Walk table will be back! Please begin to save your 1 pound empty coffee cans and bring them to the Center! The Cookie Walk was so popular last year we don't want to run out so we are looking for bakers to bake at least 4 dozen of their favorite cookies! If you are willing to bake, please sign up in the office.

Granny's Attic and Jewelry Table . . .

We are looking for your "once loved" items, all in good to excellent condition, for the Granny's Attic and Jewelry tables for the Holiday Bazaar. Please begin bringing the items in on Thursday, September 1 through Tuesday, November 1.

The following items are acceptable donations:



- Housewares: cookware, sauce pans, dishes, serving utensils – please make sure they are clean!
- Appliances (small & portable): can openers, clocks, coffee makers/pots, & crockpots – please make sure they work and they are clean!
- Home goods: lamps, pictures/paintings, mirrors
- Miscellaneous: wicker baskets, children's toys (no stuffed animals), dolls, board games, seasonal items, i.e. Christmas décor, Easter, Halloween, and collectibles.

The Center does not accept the following:

- Albums/vinyl records
- Knives
- Beddings/linens
- Cameras
- Clothing of any type including: shoes, purses, or coats
- Computers/ printers
- Books, magazines
- Medical equipment
- Plants
- Sewing machines
- Stereo equipment/tape recorders, TV's, VHS tape players or tapes

Items that are in good working order are the most beneficial for the bazaar. We do not repair broken items, and the disposal of such items takes away from our bazaar. It's hard to say "no thank you" to a donation however at times we may have to if the donation does not benefit the goal of raising money for the Center.

Holiday Fair Vendors Wanted . . .

The North Haven Senior Center is looking for Vendors for their upcoming Annual Holiday Fair to be held Friday, November 18 from 1:00 to 6:00 p.m. and Saturday, November 19 from 9:00 a.m. to 2:00 p.m.

The Center provides ample parking and is well attended. The cost of the space will be \$35.00 with a 6 foot table provided. Rental for one day is \$35.00 or \$55.00 for the weekend. An additional table is available for an extra \$25.00. Participation is not necessary for both days. Please contact the North Haven Senior Center, 203-239-5432, if you are interested in renting a space! Rental deadline is Friday, October 28th. Please note that no refunds will be given unless the Fair is cancelled.



Do you like to sing? Looking to put your musical talents to use? Our Senior Songsters are always looking for new members – come check out our talented group of singers on Tuesdays from 1:15 to 2:15 p.m. We will resume from a summer break on Tuesday, September 13th.

September . . . Fall Is In the Air

Happenings	Date/Time	Cost	Registration Dates
Game Day	Thursday, September 1 Session 1: 10:00 to 11:30 a.m. Session 2: 12:30 to 3:30 p.m. Session 3: All day	Residents: \$2.00 per session or \$3.00 for the full day Non-Residents: \$7.00 per session or \$8.00 for the full day	Resident registration: Wednesday, August 3 through Friday, August 26. Non-resident registration: Tuesday, August 16 through Friday, August 26.
Free Cooking Demo with a ShopRite Dietitian!	Thursday, September 1 1:00 p.m.	FREE North Haven Resident's only!	Seating: Min/Max: 2/20
Labor Day Celebration <i>This event is filled!</i>	Tuesday September 6 11:30 a.m.		Seating: Min/Max: 20/60
Hearing Screening Sponsored by John Caswell, the Hearing Instrument Specialist	Thursday, September 8 10 to 11:30 a.m. appointments are scheduled every 15 minutes	FREE North Haven Resident's only!	Please contact the Center to setup your appointment for the screening by Friday, September 2, 203- 239-5432
Downton Abbey-a-thon	Thursdays, September 8 and 15 12:30 to 3:30 p.m.		Just come on down to watch the series!
Presentation: What is Normal Aging? Dr. Susann Varrano will be presenting to us today on What is Normal Aging? If you are interested in learning what this is about come listen for the hour!!	Monday, September 12 10:00 a.m.	FREE North Haven Resident's only!	Please call the Center, 203-239-5432 to register by Friday, September 9

Happenings	Date/Time	Cost	Registration Dates
Bingo and Lunch Menu for lunch will be bacon, lettuce and tomato on white toast, three bean salad, dessert and drink	Wednesday, September 14 11:30 a.m. Lunch will be served at 11:30 a.m. sharp!	Residents: \$5.00 Non-residents: \$10.00 Lunch Only: Residents: \$3.00 Non-Residents: \$8.00	Resident registration: Monday, August 8 through Tuesday, September 6 Non-resident registration: Monday, August 22 through Tuesday, September 6 Seating: Min/Max: 10/40
Holiday Fair Meeting	Thursday, September 15 10:00 a.m.		Please join us to begin talking about the 2016 Holiday Fair!
Wine and Paint Party Bring your own wine and we will provide the snacks!	Thursday, September 15 1:00 p.m.	Residents: \$30 Non-residents: \$35 All paint supplies are included	Resident registration: Monday, August 1 through Friday, September 2 Non-resident registration: Monday, August 15 through Friday, September 2 Seating: Min/Max: 8/25
Ask An Attorney: The attorneys are specialists in estate planning and elder law. All consultations are confidential! This program will fill up quickly so call today and set up your appointment! Residents only.	Thursday, September 15 1:00 to 2:30 p.m. 15 minute increments with Attorney Ann Farrell from Farrell & Grochowski, PC	No Fee	Call the Center by Friday, September 9 to setup your 15 minute appointment Appointments: Min/Max: 3/6
Storyteller, Kate Allen Smith Come join Kate today to enjoy an hour of great conversation!	Tuesday, September 20 10:30 a.m.	No Fee	RSVP by Thursday, September 15 by calling the Center, 203-239-5432.

Happenings	Date/Time	Cost	Registration Dates
Bocce Tournament with Wallingford Senior Center at Wallingford Senior Center Transportation on your own!	Thursday, September 22 10:30 a.m.		Please let us know if you will be joining us so we will be able to make teams!
Dinner & A Movie: Elsa & Fred Menu will be meatball subs, drinks and dessert	Thursday, September 22 3:00 p.m.	Residents: \$5.00 Non-residents: \$10.00	Resident registration: Monday, August 15 through Friday, September 9 Non-resident registration: Monday, August 29 through Friday, September 9 Seating: Min/Max: 15/30
Lunch Bunch Out: Beach Head, East Haven CHANGE IN PLACE!!! We are no longer going to Sandpiper but traveling to the Beach Head in East Haven instead!	Tuesday, September 27 11:30 a.m. Transportation will be provided by Center's Bus, non-residents will need to drive on their own.	On your own	Registration: Current through Tuesday, September 20 Seating for the bus: 19
Trip Committee Meeting	Wednesday, September 28 10:00 a.m.		We are looking for your input!! Where would you like to go to an art gallery and lunch, to a Broadway show and lunch, Mohegan Sun or Foxwoods or a day in Boston or New York on your own! Come share your thoughts and ideas!

Happenings	Date/Time	Cost	Registration Dates
Mah Jongg Tournament	Thursday, September 29 11:00 a.m. to 4:00 p.m.	Residents: \$5.00 Non-residents: \$10.00	Registration: Current through Friday, September 23
Bocce Fun with Department Heads We will begin with lunch - 2 hot dogs or a choice of 1 hamburger or 1 cheeseburger, pasta salad, chips, dessert and drinks.	Friday, September 30 11:30 a.m.	Open to Bocce members only, no fee!	Registration begins Thursday, September 1 through Friday, September 23

Thank you to the following for your generosity for the month of August...

Lucy DeCicco, Louise Musso

Welcome to the Center...

*Margaret White, Elizabeth Ferrara, Louise Manginelli, Linda Noe, Rosemarie Mendillo,
Sheila Deneutte, Donald Dellostritto, Helen & Edward Lewandoski
Sallie & Ray Fowler*

October Events:

- **New Members Breakfast – Resident's Only** – Tuesday, October 4, 9:30 a.m. Breakfast will be served for our new members, egg sandwiches and coffee will be provided. Our tour guide will explain to you the in's and out's and the processes of the Center. Registration begins Monday, September 12 through Friday, September 30. For any of our current members who would like to join us for breakfast, the cost will be \$2.00.
- **Bingo & Lunch** – Wednesday, October 5, 11:30 a.m. Bringing back the homemade soup and sandwiches!! Today we will have Italian wedding soup, grilled cheese sandwich, dessert and drinks. Cost for residents, \$5.00; non-residents, \$10.00. If you do not want to play bingo and have lunch only cost for residents, \$3.00; non-residents, \$8.00. **Resident registration begins Tuesday, September 6 through Friday, September 30; non-residents registration begins Tuesday, September 20 through Friday, September 30. Min/max seating: 10/40.**
- **Pinochle Tournament** – Thursday, October 6, 11:30 a.m. – see attached flyer for more information and registration dates.
- **Jazz Festival** – Thursday, October 13, 12:30 p.m. Let's bring it back to New Orleans style, with some live Jazz music and a great menu! We will be serving some real n'awlins muffuletta (sandwiches with lots of great food stuffed inside), sweet potato fries and Judy's homemade Louisiana bread pudding. Cost for residents, \$6.00; non-residents, \$11.00. **Resident registration begins Tuesday, September 6 through Friday, September 30; non-residents registration begins Tuesday, September 20 through Friday, September 30. Min/max seating: 10/40.**
- **Dinner and a Movie: *Julie and Julia*** – Thursday, October 20, 3:00 p.m. A culinary legend provides a frustrated office worker with a new recipe for life in ***Julie & Julia***, the true stories of how Julia Child's

(Meryl Streep) life and cookbook inspired fledgling writer Julie Powell (Amy Adams) to whip up 524 recipes in 365 days and introduce a new generation to the magic of French cooking. Bon appetit! Rated PG-13, this movie will run 2 hours and 3 minutes – dinner will be served immediately following the movie with the menu being: French onion soup, quiche Lorraine (bacon, swiss cheese and onion), chocolate eclairs for dessert and drinks. **Cost: \$6.00 resident; \$11.00 non-resident. Resident registration begins Monday, September 12 through Friday, October 7; non-resident registration begins Monday, September 26 through Friday, October 7. Min/max seating: 15/30.**

- **Flu Clinic sponsored by the VNA Community Healthcare** – Monday, October 24, 11:30 a.m. to 1:00 p.m.
- **Cooking for 1 or 2 with Fall Recipes** – Monday, October 24 and 31, 1:00 p.m. Sarah the Dietician from ShopRite is back!!! Please join her in learning on how to make Fall foods for 1 or 2, please call the Center by Friday, October 14th to reserve your seat. This is free to North Haven residents only. **Min/max seating: 2/20.**
- **Presentation: *How to Laugh Out Loud and Love It!!*** - Thursday, October 27, 11:30 a.m. Carolyn Finch will be here to teach us the 3 areas of laughter with reflexology, laughter yoga and kinesiology! This program is designed for everybody! Enjoy the morning of laughter and go away learning that *You grow old because you stop laughing!* Please call the Center by Friday, October 21 to reserve your spot, open to the first 20 people.
- **Make It Take It Project:** Thursday, October 27, 10:00 a.m. Students from Quinnipiac University will bring in some pumpkins and paints – let's show our talents and come on in and make your own pumpkin to display at home for Halloween!! This is free to resident's only, so please call the center beginning on Monday, September 19th to Wednesday, October 12th to reserve your spot, 203-239-5432. Snacks will be provided.
- **Halloween Bingo** – Monday, October 31, 12:30 p.m. Wear your best costume and receive **two free** bingo cards, enjoy some spooky prizes, treats or tricks - who will know? Prizes awarded for best costume, scariest, funniest, beautiful - be creative and join in the fun!! Please call the Center by Friday, October 21 if you plan on joining us for Halloween Bingo.

Save the Dates . . .

November Events:

- **Bingo & Lunch** – Wednesday, November 2, 11:30 a.m.
- **Military Whist Tournament** – Thursday, November 10, 11:30 a.m.
- **Holiday Fair** – Friday, November 18; 1:00 to 6:00 p.m. and
Saturday, November 19; 9:00 a.m. to 2:00 p.m.
- **All Day Bingo and Lunch** – Friday, November 25, 10:00 to 11:30 a.m., lunch will be served at 11:45 a.m. and then bingo will resume at 12:45 p.m. More information on costs and menu will follow!
- **Annual Tree Decorating Party and Christmas Caroling with our Songsters** – Tuesday, November 29, 1:00 p.m.

December Events:

- ❄ **Tri-Town Christmas Party** – Friday, December 2, 11:00 a.m. held at Zandri's Stillwood Inn, Transportation will be provided to members that do not drive– tickets go on sale in November!
- ❄ **Bingo and Lunch** – Wednesday, December 7, 11:30 a.m.
- ❄ **Wine and Paint Party** – Thursday, December 8, 1:00 p.m.
- ❄ **Hanukkah Breakfast** – Thursday, December 15, 10:30 a.m.
- ❄ **Bring In the New Year** – Thursday, December 29, 11:45 a.m. background music by Sal Anastasio and catering done by Zandri's Stillwood Inn – held at the Senior Center.

Paid and Unpaid Classes*

Registration begins four weeks prior to class start date.

If there is availability for non-residents, they may register two weeks prior to class start date.

All checks made payable to: North Haven Senior Citizen.

A class with insufficient enrollment will be cancelled prior to the starting date and participants will receive a refund as well as being notified. Once a class is in session there are no refunds or adjustments to the required payment as instructors based on payment once the class is filled.

*Sponsorships for paid classes may be available, please see Judy.

COMPUTER CLASSES – Tuesdays, 9:00 to 10:30 a.m. and 10:45 to 12:15 p.m. **New Session:** Tuesday, September 13 through October 11, each new session will run for 5 weeks, **registration for residents and non-residents will begin on Tuesday, September 6 and will run through Monday, September 12.** **Beginner and advanced classes available.** Cost: \$5.00 resident, \$10.00 non- resident.

OIL PAINTING – Tuesday, 12:45 to 2:45 p.m. **New Session:** Tuesday, September 13 through November 29, 2016; **registration for residents will begin on Tuesday, August 16 and registration for non-residents will begin on Tuesday, August 30.** Cost: \$30 resident, \$35 non-resident. A list of supplies will be given to you prior to the first class. **Participants: Min/Max: 10/14.**

SITERCISE – Monday and Wednesday, 10:30 to 11:30 a.m. **New Session:** Mondays and Wednesdays, beginning on Monday, September 12 through Wednesday, December 14, 2016. Increase muscle strength, improve flexibility, gait and balance to help avoid falls; exercises can be done in a chair or standing; and a specially designed program for those 50 and older who are at risk for falls. **Residents registration begins on Monday, August 8 through Friday, September 2, non-residents registration begins on Monday, August 22 through Friday, September 2.** Cost: \$15 residents, \$20.00 non-residents. **Participants: Min/Max: 10/15.**

TAI CHI: FOR ARTHRITIS - Monday and Thursday, 10:00 to 11:00 a.m. **New Session:** Mondays and Thursdays beginning on Monday, September 12 through Thursday, December 15, 2016. Learn about Tai Chi practice, increase balance and stability, helps you stay on your feet and helps you manage your arthritis. **Residents registration begins on Monday, August 8 through Friday, September 2, non-residents registration begins on Monday, August 22 through Friday, September 2.** Cost: \$15 residents, \$20.00 non-residents. **Participants: Min/Max: 10/15.**

BEGINNER CHAIR YOGA - Tuesday, 10:00 to 11:30 a.m.

New Session: Tuesday, August 30 through November 15, 2016, 10:00 to 11:30 a.m. Chair Yoga is a gentle yoga practice incorporating stretches while sitting on chairs as well as some standing poses. Suitable for all and anyone who feels uncomfortable getting up and down from the floor. Yoga will help to improve posture and breathing, help restore and maintain normal mobility and a healthy range of motion, and help you to grow and expand psychologically and spiritually. Cost: \$50 residents, \$55 non-residents. **Participants: Min/Max 8/12**

GENTLE HATHA YOGA - Thursday, 1:00 to 2:30 p.m. **New Session:** Thursday, October 20 through January 19, **no class on the following Thursdays, November 10 and 24.** Yoga is a gift! With Yoga, the body remains open and flexible; Yoga will strengthen stretch, tone and relax your entire body. Hatha Yoga combines proper breathing and yoga postures that revitalize the body physically and mentally. This class is designed for those who can get up and down from the floor. **Session:** Current session will end October 13. **Residents registration begins on Monday, September 12 through Friday, October 7, non-residents registration begins on Monday, September 26 through October 7.** Cost: \$50 residents; \$55 non-residents. **Participants: Min/Max 5/12.**

2016 Day Trip Policies

- Trips are open to all North Haven seniors on a first come first serve basis starting on the collection date. Non-resident seniors may sign up two weeks after collection date. A \$5.00 non-resident fee will be charged for each trip. Residents on the waiting list will take precedence over non-residents.
- Full payment is due in order to secure your reservation. **Checks only please, made payable to North Haven Senior Citizens.**
- Please remember to bring in your emergency contact information, their name and telephone numbers where they can be reached during the day (including work and cell numbers.) Please remember to bring your emergency forms with you on day of trip. This is important since it has an emergency contact person, medications and allergies.
- Registrations cannot be taken over the phone. Payment and registration is made in person. However in the event you are unable to make it to the Center, a friend may register you for the trip as long as payment is made. When a friend is registering you for a trip, emergency contact information, name and phone number is required. If you are ill or are away on vacation payment may be mailed to the office only after you have contacted the office to inform them of your situation, mailing in your payment will not guarantee you a spot on the trip. No early pre-registration prior to the scheduled registration for any trips unless noted in the newsletter will be taken. Please do not ask staff to stray away from the guidelines.
- Please make the staff aware of any special seating requests for the bus as you sign up for the trips. The first two rows are reserved for persons with disabilities. Unfortunately due to the fact some trips are sponsored by a Travel Agent, special menus cannot be accommodated.
- If special assistance is needed, it is highly recommended to bring a family member or friend.
- There will be no refunds. If the Travel Agent or the Center cancels the trip or if there is a waiting list, refunds will be issued.
- Departure and return times are subject to change by the Travel Agent – please be patient with the office staff.
- Please arrive at least 15 minutes prior to departure time. If you are not on time as specified for departure time, the bus will leave without you and there will not be a refund issued. You must come into the Center to check in prior to boarding the bus. No passengers are to board the bus until your name is called and checked off by the North Haven Senior staff member.
- In consideration of members who need the handicap parking spaces during the trip for classes held at the Center, please park either in the staff parking spaces, regular parking spaces or on the grass. Thank you for your consideration.

Casino: Mohegan Sun – Tuesday, September 13, 2016. **Collection date: Friday, July 22, 2016.** Cost: \$24.00 per resident; \$29.00 per non-resident. Departure time at 9:00 a.m. and estimated return time is 5:00 p.m. **Make checks payable: North Haven Senior Citizen.**

Essex Steam Train and Riverboat – Tuesday, October 18, 2016. **Collection date: Friday, August 26, 2016.** **Cost: \$70.00 per resident.** Departure time from the Center is at 9:30 a.m. and estimate return time is 4:30 p.m. Enjoy a 3-course lunch aboard restored 1920's Pullman dining cars as part of a 3 3/4 hour lunch, train and riverboat sightseeing excursion. Let our attentive staff transport you back to an era when rail travel was king, and eating in the "diner" was a delicious special occasion. Upon boarding the dining car, you'll savor a hot lunch that is prepared and cooked on board, **dinner choice of: roast beef or chicken parmigiana.** Travel aboard the train along the lower Connecticut River Valley while you finish your meal. At Deep River Landing, transfer to the *Becky Thatcher* riverboat for a cruise on the Connecticut River, bursting with lush scenery and historic sites such as Gillette Castle. Following your cruise, return to Essex Station aboard one of our coach passenger cars. ***We will no longer be using the Senior Center's bus due to the overwhelming response to this trip. We are chartering a bus from Peter Pan and the cost will be increased based on 45 passengers.***

Casino: Foxwoods – Tuesday, November 1, 2016. **Collection date: Friday, September 23, 2016.** Cost: \$28.00 per resident; \$33.00 per non-resident Departure time at 8:15 a.m. and estimated return time is 5:30 p.m. **Make checks payable: North Haven Senior Citizen.**

SEPTEMBER 2016 MONTHLY ACTIVITIES

Mondays:

9:00: Line Dancing
9:30: Fitness Fun
10:00: Canasta
10:00: Tai Chi
10:30: Sitercise
12:30: Bingo; Bocce
1:00: Pinochle – Beginners Welcome

Tuesdays:

9:00: Ceramics
9:00: Intermediate Computer Class
10:00: Chair Yoga
10:45: Beginner Computer Class
12:30: Mah Jongg; Crafts
12:45: Oil Painting
1:15: Senior Songsters

Wednesdays:

9:00: Line Dancing
9:30: Fitness Fun
10:00: Bocce
10:30: Sitercise
12:00: Mah Jongg
12:15: Bridge
12:30: Bocce
1:00: Rummikub

Thursdays:

9:00: Ceramics
10:00: Tai Chi
10:00: Pinochle; Color Fun
12:30: Canasta
1:00: Hatha Yoga; Pinochle

Fridays:

9:30: Fitness Fun; Scrabble

13

12:15: Bridge

12:30: Bingo; Bocce

SEPTEMBER 2016 CALENDAR OF SPECIAL EVENTS, PRESENTATIONS, MINI TRIPS, LUNCH BUNCH EXCURSIONS AND COLLECTION REMINDERS FOR TRIPS

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Game Day:	
			Session 1:	
			10:00 to 11:30 a.m.	
			Session 2:	
			12:30 to 3:30 p.m.	
			1:00: Free Cooking Demo with ShopRite	
5	6	7	8	9
			9:30: Mini Trip:	9:30: Grocery
Happy Labor Day	11:30: Labor Day Celebration		Universal Drive	Shopping
	~FILLED~		10 to 11:30 a.m.	12:00: Farmer's
			By appointment Only	Market - Hamden
Center Closed	All Afternoon Activities Cancelled		Hearing Screening	
			12:30: Downton Abbey-a-thon	
12	13	14	15	16
10:00: Presentation: <i>What Is Normal Aging?</i>	9:00: Trip Out: Mohegan Sun	11:30: Bingo & Lunch	10:00: Holiday Fair Meeting	
			12:30: Downton Abbey-a-thon	
			1:00: Wine and Paint Party	
19	20	21	22	23
			9:30 Mini Trip: Hamden Mart	
	10:30: Storyteller: Kate Allen Smith			
			10:30: Bocce Tournament With Wallingford Senior Center at their Center	
			3:00: Dinner & A Movie: <i>Elsa & Fred</i>	
26	27	28	29	30
	10:30: Finance Mtg.	10:00: Trip Committee Meeting	11:00: Mah Jongg Tournament	11:30: Bocce Fun With Department Heads

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
--------	---------	-----------	----------	--------

			1	2
			6oz Cream of Carrot Soup 1 pkg LS Crackers ¾ c Chicken Salad on Multigrain Bread 1/2c German Potato Salad Tossed Salad W/ Tomatoes Italian Dressing 1/2c Mandarin Oranges 8oz LF Milk	LABOR DAY MENU SPECIAL
5	6	7	8	9
LABOR DAY CENTERS CLOSED	LABOR DAY CELEBRATION See Newsletter For Details		3 oz Sliced Roasted Butterball Turkey with cranberry sauce 2 slices whole grain bread w/mayo ½ c German potato salad 1 c Fresh Spinach Salad/Vinaigrette Fresh Fruit 8oz LF Milk	
12	13	14	15	16
	HAPPY BIRTHDAYS! 6 oz LS Vegetable Soup 1pkg LS Crackers 1 oz Sliced Virginia Ham/1oz Swiss Cheese on Rye Mustard/Mayo 1/2c Tomato, onion, cucumber, basil salad 1/2c Coleslaw W/Shredded Carrot 4 oz Cranberry juice Carrot cake 8oz LF Milk		Mediterranean Tuna Salad Wrap (3/4 c.) (6 " Whole Wheat Wrap) (Shredded Lettuce, Red Onion, Olives, Parsley & Lemon Zest) ½ c. Broccoli & Cauliflower Salad ½ c. Waldorf Salad 8 oz. LF Milk	
19	20	21	22	23
	¾ c. Roasted Cauliflower Soup/LS Crackers 2 oz Thin Sliced Medium Roast Beef & 1oz Sliced Cheese W/ Onions & Tomato on Kaiser Roll 1 tsp Mayo/ Mustard 1/2c Potato Salad Fresh Fruit 8oz LF Milk		6 oz Orzo Soup 1 pkt LS crackers New York Hero – Smoked Turkey, Ham & Provolone (3 oz total) W/ LS Italian Dressing, Sliced Tomato, Green Peppers, Lettuce 4 oz Apple juice Mixed berry strudel 8 oz low fat milk	
26	27	28	29	30
	6 oz Butternut squash soup 1 pkt crackers ¾ c. California Chicken Salad Plate/Shredded Carrots, Sliced Apples, Raisins & Mayo on Bed Of Lettuce/ Croutons 1 c. Pasta, Vegetable, Olive Salad W/Broccoli & Peppers ½ c. Beet Salad Baked Apple 8oz LF Milk		6oz LS Minestrone Soup 1pkg LS Crackers Chef Salad – 1 oz LS Fresh Roast Turkey/ 1 oz Cheese & 1 Hard Cooked Egg, LS DRESSING 1 Small Whole Wheat Roll ½c.Tomato, Cucumber, Onion, Basil Salad Fresh Fruit in Season 8 oz LF Milk	
MINIMUM PORTIONS SERVED AT EACH MEAL: All non-citrus juices are Vit C fortified				
1c Milk – 1% or equivalent 1c Vegetable and Fruit or equivalent 3 oz. Protein 1 pat Margarine				
2 Bread servings or equivalent (enriched or whole grain); All rolls are seedless; All white rice is enriched				
All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt				

LifeBridge Community Services. NEW HAVEN SENIOR COMMUNITY CAFÉNutrition for Mind, Body and SpiritSeptember, 2016Please call Arlene at 203-239-4030 to reserve your lunch by the day before between 9-11:00 a.m.

	Monday		Tuesday		Wednesday		Thursday		Friday	
							1		2	
							3 oz Mandarin Chicken ½ cup Vegetable Lo Mein ½ cup Oriental Veggie Blend 1 slice Wheat bread 1 tsp margarine ½ cup Mandarin oranges 8 oz low fat milk		Labor Day Menu 3 oz Hamburger au jus on WW Roll Lettuce, Tomato, Ketchup 1/2c Summer Blend Vegetables 1/2c German Potato Salad 1/2c Blueberry Parfait w/Vanilla Pudding 8oz LF Milk	
	5		6		7		8		9	
	LABOR DAY CENTERS CLOSED		LABOR DAY CELEBRATION See Newsletter For Details		6 oz chicken gumbo soup crackers 3 oz Baked fish ½ cup Oven roasted potato ½ cup broccoli 1 slice Wheat bread 1 tsp margarine ½ cup Pineapple 8 oz low fat milk		1 cup Beef stew ½ cup Bowtie noodles ½ cup Mashed squash 1 Wheat dinner roll 1 tsp margarine Fresh fruit 8 oz low fat milk		3 oz Spinach grandolioli with sauce ½ cup Peas 1 cup Tossed salad with chick peas and Italian dressing 1 slice Italian bread 1 tsp margarine 4 oz Grape juice 1 slice Pound cake 8 oz low fat milk	
	12		13		14		15		16	
	3 oz Sweet and sour pork ½ cup Fried rice ½ cup Oriental blend 1 Dinner roll 1 tsp margarine ½ cup Mandarin oranges 8 oz low fat milk		HAPPY BIRTHDAYS! 6 oz Vegetable soup 1 pkt crackers 3 oz Stuffed chicken with supreme sauce ½ Sweet potato ½ cup zucchini & tomato 1 slice Wheat bread 1 tsp margarine 4 oz Cranberry juice Carrot cake 8oz LF Milk		BINGO AND LUNCH See Newsletter For Details No LifeBridge Lunch		3 oz Turkey/gravy ½ cup Mashed potato ½ cup Green beans Cranberry sauce 1 Wheat dinner roll 1 tsp margarine ½ cup Applesauce 8 oz low fat milk		3 oz Eggplant parmesan ½ cup Penne with sauce ½ cup Spinach 1 slice Garlic bread 1 tsp margarine ½ cup Fruit cocktail 8 oz low fat milk	
	19		20		21		22		23	

½ cup Spaghetti 3 oz meatballs 1 cup Tossed salad with cucumber and raspberry vinaigrette 1 Herb bread stick 1 tsp margarine Scaloped apples 8 oz low fat milk	1 cup Turkey divan ½ cup rice ½ cup Carrots 1 slice Family grain bread 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz Light crunch fish ½ cup Roasted red skin potato ½ cup Summer spring blend Tartar sauce 1 Wheat dinner roll 1 tsp margarine ½ cup Tropical fruit 8 oz low fat milk	3 oz Pot roast/gravy ½ Baked potato Broccoli Multigrain bread 1 tsp margarine 4 oz Apple juice Mixed berry strudel 8 oz low fat milk	6 oz vegetable barley soup 1 pkt crackers 1/6 Spinach quiche ½ Broiled tomato ½ cup Roasted squash 1 slice Pumpernickel bread 1 tsp margarine 4 oz Mixed fruit juice ½ cup Chocolate pudding 8 oz low fat milk
26	27	28	29	30
3 oz Chicken cacciatore ½ cup Rice ½ cup Italian blend 1 Wheat dinner roll 1 tsp margarine 4 oz Pineapple juice Coffee cake 8 oz low fat milk	6 oz Butternut squash soup 1 pkt crackers 3 oz tilapia fruit salsa ½ cup Roasted potato ½ cup Peas and Carrots 1 slice Rye bread 1 tsp margarine Baked apple 8 oz low fat milk	3 oz Meatloaf/gravy ½ cup Mashed potato ½ cup Fresh zucchini 1 slice Wheat bread 1 tsp margarine 4 oz Apple juice ½ cup Fruited cherry jello 8 oz low fat milk	3 oz BBQ chicken ½ cup Macaroni and cheese ½ cup Broccoli 1 piece Cornbread 1 tsp margarine Fresh fruit 8 oz low fat milk	1 cup Cheese baked ziti ½ cup Cauliflower 1 cup Spinach salad with French dressing Garlic breadstick 1 tsp margarine Fresh fruit 8 oz low fat milk

MINIMUM PORTIONS SERVED AT EACH MEAL: 1 C Milk-1% or equivalent; 1 C Vegetable and Fruit equivalent; 3oz. Protein, 1 Pat Margarine
 All non-citrus juices are Vitamin C fortified. 2 Bread Servings or equivalent (enriched or whole grain); All rolls are seedless. White Rice is enriched.
 All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt